

Lightning Hazardous on the Job



The following are things you should check when you attempt to give aid to a victim of lightning:

- Call 9-1-1 for medical assistance as soon as possible.
- Breathing - if breathing has stopped, begin mouth-to-mouth resuscitation.
- Heartbeat - if the heart has stopped, administer CPR.
- Pulse - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones, and loss of hearing and eyesight.

Safety Meeting Resources

<http://www.fema.gov/hazard/thunderstorm/index.shtm#2>
<http://www.weather.gov/om/brochures.shtml>
<http://www.transportation.nebraska.gov/intranet/hrintra/training>

All thunderstorms are dangerous. Every thunderstorm produces lightning. In the United States, on average of 300 people are injured and 80 people are killed each year by lightning.

- Lightning's unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- "Heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard.

However, the storm may be moving in your direction!

- Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.
- Your chances of being struck by lightning are estimated to be 1 in 600,000, but could be reduced even further by following safety precautions.
- Lightning strike victims carry no electrical charge and should be attended to immediately.

If you are:	Then:
In a forest	Seek shelter in a low area under a thick growth of small trees.
In an open area	Go to a low place such as a ravine or valley. Be alert for flash floods.
On open water	Get to land and find shelter immediately.
Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.

Research your topic to answer simple questions that help you focus on **SAFETY HAZARDS/ACTIONS** and **steps** for getting your safety meeting off on the right foot!

Safety Meeting Purposes:

List at least two **hazards** that put you and others at risk from prior activities and work practices. **Discuss:**

- ✓ What hazards or issues cause the most injuries and/or accidents in your workplace?
- ✓ How do hazards affect you and co-workers?
- ✓ Why do shortcuts lead to injuries and/or accidents?

List what **actions** are needed to avoid such hazards, using improved steps to keep your workplace safe. **Discuss:**

- ✓ How can hazards be avoided or eliminated?
- ✓ What safety specifics and precautions should be taken to prevent future injuries and/or accidents in your workplace?